

# Adults

## Arts/Dance/Enrichment

### Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

#### Beg./Ages 13+

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
19009	M	Jun 19-Jul 24	6:15pm-7:30pm	\$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

#### Intermediate/Ages 13+

Ages: 13+

19008	Th	Jun 22-Jul 27	7:45pm-9pm	\$44/\$52
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Instructor: Mangan

Location: Rockcrest Ballet Center and Park

#### Adv./Ages 13+

No class 7/4 & 8/1.

Ages: 13+

19006	Tu	Jun 20-Aug 8	6:30pm-7:45pm	\$44/\$52
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Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Ages: 13+

19007	Th	Jun 22-Jul 27	6:30pm-7:45pm	\$44/\$52
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Instructor: Mangan

Location: Rockcrest Ballet Center and Park

### Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. This dynamic and diverse art form incorporates movements from folk, social, and classical traditions of Middle Eastern cultures. Note: Wear exercise apparel, bring a scarf for tying around your hips, and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course.

#### Beginner

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
19010	Th	Jun 22-Jul 27	7pm-8pm	\$44/\$52

Instructor: Amara

Location: Twinbrook Community Recreation Center

Ages: 14+

19366	Tu	Jul 11-Aug 15	7:30pm-8:30pm	\$44/\$52
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Instructor: Basane

Location: Rockville Senior Center

#### Advanced Beginner

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
19011	Th	Jun 22-Jul 27	8pm-9pm	\$44/\$52

Instructor: Amara

Location: Twinbrook Community Recreation Center

### Belly Dance Aerobics *New*

Belly dance is a fun, low-impact, cardiovascular workout! It promotes abdominal strength, proper alignment, and flexibility. This class takes basic belly dance moves and turns them into a fast-paced, cardio workout. Participants should have knowledge of the basic belly dance steps (experience in Beginner or Advanced Beginner recommended). Comfortable clothing, such as leotard, tights, or draw-string pants, and flexible exercise shoes recommended

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19361	Tu	Jul 11-Aug 15	8:30pm-9:30pm	\$44/\$52

Instructor: Basane

Location: Rockville Senior Center

### Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss the different types of knives and tasks on which they work best. Learn the basic French cuts from fine brunois to large dice and how to break down a whole chicken. Note: Bringing your own knife is optional but encouraged. Participation class. \$5 food fee payable to instructor. Refund requests considered only if received 4 or more days prior to class.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19606	F	Jun 16	7pm-10pm	\$40/\$47

Instructor: Ferguson

Location: Rockville Senior Center

### Cooking - Sushi Made Easy

Sushi is not as hard as it looks. Impress your next cocktail party guests with a tray of fresh homemade sushi. Learn how to purchase sushi fish and other ingredients. Make rice, maki (rolls) and nigiri (traditional sushi). Participation class. Note: \$10 food fee payable to instructor at class. Refund requests only considered if received 4 or more days prior to class

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19607	F	Jun 30	7pm-10pm	\$50/\$59

Instructor: Ferguson

Location: Rockville Senior Center

# Adults

## Dogs - Basics and Beyond

New



Instructor will address common undesired behaviors and show owners positive ways to change them. Use basic obedience - sit, down, stand, stay-and innovative techniques to resolve problems and manage your dog. Resolve problems such as pulling on the leash, biting, grabbing treats, jumping and others.

Ages: 6+ months

Course #	Day	Date	Time	Fee	(R/NR)
19364	Sa	Jul 1-Jul 29	9am-10am		\$43/\$51

Instructor: Zicht

Location: Rockville Senior Center

## Hip-Hop Dance for Adults



Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest Hip-Hop dance moves and listening to the sounds of the street. If you've got rhythm and you know what's up (or just interested in knowing), this class is for you! Note: Wear loose fitting clothing and tennis shoes. No class 5/29.

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19042	M	Jun 19-Jul 24	7:15pm-8:15pm		\$42/\$49

Instructor: Tinoco-Llueras

Location: Twinbrook Community Recreation Center

## Fitness/Wellness

### Cardio Tennis

New

Get a great aerobic workout, burn calories and hit a lot of tennis balls all at the same time. Class consists of a 10 minute warm up, followed by a 40 minutes of cardio activity and a 10 minute cool down. To gain maximum benefits, register for the class based on your experience and fitness level. Bring a water bottle to class.

#### Beginner/Novice

A workout for participants who have less tennis experience with tennis strokes and foot work. Running drills and basic stroking drills that keep you moving on the court.

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19589	Sa	Jun 24-Jul 29	9:00am-9:50am		\$62/\$73

Instructor: Prasert

Location: Glenview Mansion

#### Intermediate to Advanced Level

A workout for participants who are comfortable with all tennis strokes. Running and stroking drills against the instructor and other participants.

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19590	Sa	Jun 24-Jul 29	8:00am-8:50am		\$62/\$73

Instructor: Prasert

Location: Glenview Mansion

## Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 18+

Course #	Day	Date	Time	Fee	(R/NR)
19568	M	Jul 24	7pm-9pm		\$20/\$25

Location: Climbing Gym

## Fat Burning Aerobics



Shape up in this new high energy workout that is fun, effective and open to all fitness levels. Just the right intensity will help burn fat and calories to help you look your best. Body toning, stretching, legs and ab exercises will be included. Wear comfortable clothing and bring a water bottle, towel or mat and light weights to class.

No class 7/2.

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19524	Sa	Jul 8-Aug 12	8:15am-9:15am		\$34/\$39

Instructor: Ponce

Location: Twinbrook Community Recreation Center

## Jazzercise



The original dance exercise phenomenon! Each 60-minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. The routines are fun and easy to follow. Bring weights to class. No class 7/3.

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19528	M	Jun 26-Jul 31	6:30pm-7:30pm		\$30/\$35

Instructor: Shenk

Location: Julius West Middle School

Ages: 16+

Course #	Day	Date	Time	Fee	(R/NR)
19529	W	Jun 28-Aug 2	6:30pm-7:30pm		\$36/\$42

Instructor: Shenk

Location: Julius West Middle School

## Kick Boxing



This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout.

Ages: 14+

Course #	Day	Date	Time	Fee	(R/NR)
19535	Tu	Jun 19-Aug 14	7:30pm-8:30pm		\$54/\$64

Instructor: Latchinian

Location: World Karate Masters

# Adults

## Nia - Movement/Fitness



If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19326	W	Jun 21-Jul 26	6:30pm-7:45pm	\$56/\$66

Instructor: Liss

Location: Rockville Senior Center

## Pilates



Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19539	W	Jun 21-Jul 26	6:30pm-7:30pm	\$59/\$69

Instructor: Hallman

Location: Twinbrook Community Recreation Center

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19538	W	Jun 21-Jul 26	7:30pm-8:30pm	\$59/\$69

Instructor: Hallman

Location: Twinbrook Community Recreation Center

## Self-Defense for Women



Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. No class July 4.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19544	Tu	Jun 20-Aug 29	8:30pm-9:30pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

## Slimnastics



Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. There is no running or jumping involved. Note: Bring a mat. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

No class 7/3.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19546	M	Jun 19-Aug 14	10am-11am	\$46/\$52

Instructor: Creamer

Location: Twinbrook Community Recreation Center

## REP Reebok



Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided. No class July 4.

Register for all three of the following classes and receive a \$7 discount: #19548, #19543, and #19565.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19565	Tu	Jun 20-Aug 1	6:20pm-7:20pm	\$48/\$54

Instructor: Quintiere

Location: Rockville Senior Center

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19543	Th	Jun 22-Aug 3	6:15pm-7:15pm	\$56/\$63

Instructor: Quintiere

Location: Rockville Senior Center

## Step Aerobics



For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for intermediate and advanced levels. No class July 4.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19548	Tu	Jun 20-Aug 1	5:15pm-6:15pm	\$48/\$54

Instructor: Quintiere

Location: Rockville Senior Center

## Tae Kwon Do



This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19551	Th	Jun 22-Aug 24	8pm-9pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

## T'ai Chi Ch'uan



Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19549	W	Jun 21-Aug 23	7:45pm-8:45pm	\$63/\$74

Instructor: Tuanmu

Location: Rockville Senior Center



# Adults

## Tennis for Adults - Beginner



Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. No class 7/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19553	M	Jun 19-Jul 31	6pm-6:50pm	\$49/\$55

Instructor: Parish

Location: Dogwood Park

Ages: 16+

19600	W	Jun 21-Jul 26	7:30pm-8:20pm	\$49/\$55
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Instructor: Prasert

Location: Woodley Gardens Park

## Tennis for Adults - Intermediate



For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Bring a racquet; balls are provided. Call the weather line at 240-314-5023 for status of class. No class 7/3.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19555	M	Jun 19-Jul 31	7pm-7:50pm	\$49/\$55

Instructor: Parish

Location: Dogwood Park

Ages: 16+

19556	W	Jun 21-Jul 26	6:30pm-7:20pm	\$49/\$55
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Instructor: Prasert

Location: Woodley Gardens Park

## Tennis for Adults - Adv. Int.



For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19552	Th	Jun 22-Jul 27	6pm-6:50pm	\$49/\$55

Instructor: Parish

Location: King Farm Park

## Yoga - Beach Warrior

New



Yoga poses held long develops long, lean muscle for the summertime. Focus on building stamina and deep knowledge of basic poses. Suitable for fit beginners - all levels of flexibility. Must be injury free and may not take the class if you are pregnant.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19090	Sa	Jun 24-Jul 22	2:30pm-3:45pm	\$53/\$63

Instructor: Dodson

Location: Rockville Senior Center

## Yoga - Beginner and Continuing



Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block-release movements. Note: All levels are welcome. Bring a sticky mat and a small blanket.

No class 7/4 & 7/18.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
18991	Tu	Jun 27-Aug 29	7pm-8pm	\$68/\$79

Instructor: Smith

Location: Twinbrook Community Recreation Center

## Yoga - Introduction Workshop

New



Are you looking to be healthier and manage your weight better this summer? Learn how yoga can help you live a more relaxed fit life. Students will learn breathing techniques, physical postures and be guided to link the mind, body and breathe in a fun and open environment. Discover how yoga can benefit you personally and leave the workshop with more tangible information and experience to know if a yoga program is right for you.

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
19599	Th	Jun 22	7pm-9pm	\$25/\$29

Instructor: Bowen

Location: Thrive

## Yoga - Gentle Hatha Beginner/Continuing



Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning and continuing yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class. No class 7/27.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19013	Th	Jun 22-Aug 10	7:30pm-8:45pm	\$69/\$81

Instructor: Dodson

Location: Rockville Senior Center

# Adults

## Yoga - Strength, Wholeness and Health



Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class.

No class 7/4.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19014	Tu	Jun 20-Aug 15	7pm-8:15pm	\$68/\$80

Instructor: Ruffieux

Location: Elwood Smith Recreation Center and Park

## Yoga-lates



Join us and experience the core strengthening exercises of Pilates combined with Yoga postures. This will give you a terrific energizing workout for both your mind and body. Bring a mat and a towel to class. No class 6/27, 7/3, 7/4, 7/25.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19015	M	Jun 19-Aug 14	8pm-9pm	\$62/\$73

Instructor: Hourihan

Location: King Farm Community Room

Ages: 16+

19016	Tu	Jun 20-Aug 15	8pm-9pm	\$54/\$64
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Instructor: Hourihan

Location: King Farm Community Room

Ages: 16+

19017	W	Jun 21-Jul 26	12 noon-1pm	\$47/\$55
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Instructor: Hourihan

Location: Twinbrook Community Recreation Center



## Trips

### White Water Rafting

Experience the whitewater in wild, wonderful West Virginia. We'll spend the morning rafting down the Shenandoah River near Harper's Ferry and picnic on the river. All equipment is provided and an outfitter will guide each raft. Cost includes outfitter fees, guide in each raft, shuttle, equipment, picnic lunch, transportation and leadership. Register by: 5/20.

Ages: 7+

Course #	Day	Date	Time	Fee (R/NR)
18913	Sa	Jun 3	7:30am-3pm	\$82/\$102

Depart From: Rockville City Hall

### Nighttime Kayak/Canoe

Celebrate the beginning of summer with a twilight paddle on the Potomac. We'll pack up our canoes and kayaks at Jack's Boathouse in Georgetown and begin a leisurely hour on the river. Afterwards, explore the shops and restaurants of the area. The cost includes boat rental fee, transportation, and leadership. Register by: 5/28.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
18914	F	Jun 9	5pm-10pm	\$30/\$38

Depart From: Rockville City Hall

### Sail into the Mystic

Enjoy the peacefulness of the Chesapeake Bay as the sun sets. The romance and tranquility of this 44' sailing vessel are amazing. Experience one of the many fine restaurants in Annapolis, then meet at the boatyard for a 3-hour sailing adventure on the bay. Dress warmly and comfortably. Cost includes transportation, boat, captain, and leadership. Register by 6/7.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
18917	Sa	Jun 17	4pm-11pm	\$59/\$74

Depart From: Rockville City Hall

## Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.

# Adults

## Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of the area's history and folklore while enjoying these outings. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8641.

### AT #2: High Rock to Route 77

See Buzzard's Knob outcroppings, eat a packed lunch at Little Antietam Creek, scramble over Devils Racecourse rock formations and pass a spruce forest. This portion of the Appalachian Trail features six and a half miles of moderate terrain with some hills. Cost includes leadership and transportation. Register by: 5/10.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
18920	Sa	May 20	8am-5pm	\$36/\$45

Depart From: Rockville City Hall

### AT #3: Route 77 to Route 40

See the remains of the Black Rock Hotel, a 1900's gambling house. After lunch at Black Rock, hike on to the panoramic view and see the fresh-water springs at Annapolis Rocks. This 9.4-mile hike covers moderately difficult terrain with steep and rocky areas. Register by: 6/13.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
18921	Su	Jun 25	8am-6pm	\$36/\$45

Depart From: Rockville City Hall

### AT #4: Route 40 to Reno Monument

Explore a beautiful stretch of the AT on this 7-mile hike over moderate terrain. Hike through Washington Monument State Park and the site of Civil War battles. Register by: 7/13.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19566	Su	Jul 23	8am-5pm	\$36/\$45

Depart From: Rockville City Hall

### AT #5: Reno Monument to Gathland

This hike takes you along the ridge top and through the 'Blair Witch Project' filming ground. This is the shortest, and easiest hike in the series at 6.5 miles over moderate but rocky terrain. Register by: 8/17.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19567	Su	Aug 27	8am-5pm	\$36/\$45

Depart From: Rockville City Hall

## C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal from Cumberland to Georgetown in one-day trips. Earn a patch and a certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Don't be fooled, you still must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8641.

### C&O #2 - Paw Paw Tunnel to Hancock

This 32-mile stretch begins at the historic Paw Paw Tunnel that took 14 years to build! We'll stop for lunch in Little Orleans and end in the Hancock, where you can visit the C&O Canal Visitor's Center. The cost includes leadership and transportation of you and your bike. Register by: 6/26.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19580	Sa	Jul 8	8am-6pm	\$34/\$42

Depart From: Rockville City Hall

### C&O #3 Hancock to Williamsport

This 30-mile bike ride will have you cruising through historical sites and beautiful scenery. Bike from Hancock to Fort Frederick State Park and finish the ride in Williamsport. Cost includes transportation of you and your bike, and leadership. Register by: 7/21.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19578	Su	Aug 6	8am-6pm	\$34/\$42

Depart From: Rockville City Hall

## May is Bike Month in Rockville

### Bike to Work Day

Friday, May 19

2 Pit stops in Rockville and many more throughout the area! Participants receive free T-shirts, prizes, refreshments and a chance to win a bicycle! (See [waba.org](http://waba.org) for details)

### Ride for Rockville

Sunday, May 28

#### Two rides for all ages!

- 10-Mile "Family Fun" Ride
- 25-Mile "Neighborhood Discovery" Tour

25-mile ride starts at 8 a.m.

10-mile ride starts at 8:30 a.m.

Registration open: 7:30 a.m.

### Registration Fee:

Early-registration (Received by May 10)	Pre-registration (Received by May 26)	Day of Ride (May 28)
\$25/Adult \$15/child	\$35/Adult \$25/child	\$45/Adult \$30/child



## Adults

### Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.

### Sail, Snack, and Shop

Stretch out your sea legs ladies! Explore the historic Annapolis Harbor and Chesapeake Bay on board the beautiful 74-foot Schooner Woodwind. Raise the sails, steer the boat, or just sit back, relax and let the crew do all the work. After an afternoon sail, a late lunch or snacks are on your own at any of the local restaurants/stops around the Annapolis Dock. Cost includes sailing, transportation, and leadership. Register by: 5/9. Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
18899	Su	May 21	2:30pm-9:30pm	\$62/\$77

Depart From: Rockville City Hall

### Evening Paddle on the Potomac

Paddle into the sunset at Jack's Boat under the Key Bridge in Georgetown. A one-hour leisurely trip around Roosevelt Island will work up an appetite for a dinner in Georgetown. Cost includes transportation, leadership and canoe or kayak rental. Dinner is on your own. Register by: 7/10. Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
19582	F	Jul 21	5pm-10pm	\$30/\$38

Depart From: Rockville City Hall



## Super Summer Happenings

**RedGate Municipal  
Golf Course**  
Green fees and  
Discount Specials  
See pages 46 & 55

**Twinbrook  
Community  
Recreation Center  
Programs**  
Partners in Learning  
Literature Club  
See page 51

**Lincoln Park  
Recreation Center  
Programs**  
Lunchtime Kickball  
See page 50

**Skate Park**  
See page 58